

Vol. II.

July, 1904.

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# Self-Culture.

Devoted to a Rational Development of  
Man's Capacities and Powers,

The Promotion of Individual and Social  
Freedom, Opulence, Health, Happiness  
AND

## SUCCESS.

Published Monthly by

P. BRAUN, PH. D.

1409 North 20th Street,

Omaha, Nebraska.

**\$1.00 per Year.**

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# THE

ATLANTIC OCEAN

THE ATLANTIC OCEAN is the second largest of the world's oceans, covering approximately 106,460,000 square kilometers (41,105,000 square miles). It is bounded by the Americas to the west, Europe and Africa to the east, and the Arctic Ocean to the north. The Atlantic is a major center of global trade and transportation, and it plays a significant role in the world's climate system.

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The Atlantic Ocean is a major center of global trade and transportation. It is the primary route for shipping goods and passengers between the Americas, Europe, and Africa. The ocean also plays a significant role in the world's climate system, as it transports heat from the tropics to the poles.

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# SELF - CULTURE

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Vol 2.

JULY.

No. 7

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## SELF-HEALING

(Continued.)

On the other hand, if there be too much activity in one part of the system, it must be our aim to keep the attention away from it, to fix it upon another portion of the body, or to fix the attention upon it with the intention to quiet the overactivity. In all ordinary cases it is advisable to forget our troubles as much as possible. In other cases it will be helpful to fix the attention on another part. For example. In cases of headache in the frontal region of the brain, that headache will disappear if we succeed in fixing the attention on the top portion of the head. In cases of overactivity of the heart, it will relieve that organ if we fix our attention upon the feet. It acts in the same manner that a hot foot bath would, in that it draws the blood away from the heart. In other cases, it will be found of great benefit, if we fix our attention upon the affected part and IMAGINE that the restorative process is actually going on in the same, in other words, IMAGINE that the blood is at work carrying away effete matter, and locating new material, that the atoms are arranging themselves in the normal order, etc. In this case you will strengthen and intensify that subconscious image or pattern of harmony and health, in accordance with which Nature strives at all times to repair the damages sustained by living organisms, be these wounds or internal functional disturbances. Our attention must be EXPECTANT Attention, in order to be most effective. "Pray BELIEVING that ye receive." Your Faith or Expectation will be a demand upon Nature which she is obliged to meet through her inherent law of harmony. And when Christ says "Thy Faith has made thee whole," shall we believe that he has candidly and openly stated the law of Cure, or shall we place some

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supernatural interpretation upon his words and thus give him the lie? The same laws that operated in his day operate in our day, and the same miracles that were wrought then may be wrought again when we understand God's or Nature's laws, and become obedient to them, whereby we invoke their beneficent activity in our behalf. Christ was indeed a Master of the Law, because he understood it and was able through obedience to it to utilize its Power for Good. It is not belittling his character when we give his words that interpretations which he evidently intended should be given them. And what will Protestants say to the many authenticated instantaneous cures made at Lourdes and other shrines of the Blessed Virgin? Will they believe that the good mother of Jesus actual'y and miraculously interferes with divine law in behalf of the petitioners, or will they come to understand that it was the patients' own faith that cured them, which is no less miraculous? And what will Christians of all denominations say of similar cures made in heathen temples, and before stone images? Will they say the image wrought the cure, or will they awaken to the fact that there is a Constructive Principle in Nature and Man, whose beneficent activity is aroused or intensified through the exercise of powers given every human being by the Universal Intelligence?

We are destined by Nature to gain Control over all our faculties and forces in time, and to learn to exercise them for our own good and that of our fellow men. The difference between master and slave, health and disease, opulence and squalor, is for the most part that of controlling or being controlled. It is the difference of using our own and Nature's forces, or being used by them as well as by other human beings, incarnate or excarnate. Is it then not desirable to learn to use our own forces wisely? It is not only possible and desirable, but absolutely essential to our welfare that we should become Masters and owners of ourselves.

The Will plays in the drama of individual Redemption as important a part as Consciousness, Reason and Imagination. To allow these to remain weak, or to be

dominated by our own baser instincts, passions, imaginings and emotions, or by outside intelligences, is the Great Crime against Individual Existence, which Nature cannot forgive if persisted in. To USE and Develop them properly will ultimately be found to be our only means of rising higher in the scale of being, both here and hereafter. No one can raise you against your reason and will, and on the other hand, no one can lower you. God has constituted you alone to be the arbiter of your future destiny. He has given you the essentials to work out your Salvation, and the only command is to USE that which you have, to increase and multiply, to MASTER and have Dominion. Conscious, positive and intelligent Concentration of Mind and Will for legitimate, desirable and necessary purposes is the means whereby we control and master our own forces, and later those of Nature herself, within limits, of course.

Mental Concentration may be Passive or Active, negative or positive. When you listen to a speaker or to Music, you are concentrating your attention passively or receptively. But when you answer the speaker, or when you render a piece of Music, or when you are engaged in any creative or constructive effort, you concentrate actively and positively. The passive Concentration or Attention is necessary when we desire to receive or to be acted upon. Its undue and improper exercise leads to control, subjection, slavery and dependence. Notable illustrations are the Medium and the Hypnotic Subject. The Positive, Active, Conscious and Volitional Concentration of Attention is Creative, Productive, Controlling and Dominating in its effects upon ourselves and our environment, if exercised intelligently and properly.

By the use of the latter the Adept is enabled to inhibit animation and the so-called involuntary functions of his physical organisms, and separate the spiritual body from it. In the latter he may visit distant parts of the earth, and return again to his physical body. He has power to lay down his life and take it up again. He accomplishes this marvellous feat through the exercise of capacities and forces given him by Nature. I

am not stating mere guesswork or hearsay, but that of which I know. And if such things are possible, then the conscious direction of our vital forces for the purpose of curing our ills must seem a smaller matter, and to accomplish this we may use both the negative, passive or receptive Concentration of Attention (Imagination), and the positive, active, constructive or controlling kind. They may be both EXPECTANT.

The Christian Scientist is taught to deny the existence of his troubles, and if he is unable to do this effectually, he calls in a Healer who assists him orally and mentally, or telepathically. Where the disease is located they "imagine" the presence of God, Harmony, Life and Health, and "according to their faith shall it be done unto them," for thus they invoke the beneficent activity of Nature's Constructive Principle.

The Mental Scientist does not deny the existence of the disease, but he affirms his power to banish it through the proper Mental Attitude, or the Power of Mind over Matter (the power of Higher Mind over Lower Mind, as some have it).

The Suggestive Therapist informs you that there are in reality two minds, the objective and the subjective. He declares that the subjective mind controls all the involuntary functions, such as breathing, digestion, assimilation, circulation, and that *this subjective entity is subject to suggestions or commands received from its objective brother* (the waking consciousness). He forthwith proceeds to 'suggest' to you that henceforth the subjective mind Can, Will, Must and Shall control the vital processes and functions properly, and that therefore your disease will disappear and health enter in its place.

The Magnetic Healer uses Mental Power or Suggestion also, plus his vital or Magnetic Force. The Faith Curist attempts to invoke the interposition of Deity in your behalf, but they one and all use Suggestion in some form, and their results are largely measured by the faith they will induce in the patient, or the measure in which they will be able to exercise his Imagination properly.

Faith, Suggestion, Expectation, Imagination, etc., are all potent factors, which we may consciously and intelligently invoke for the accomplishment of the cure of our ailments. Once we know the Law, and the tools we have to work with, all that we need is to go to work accordingly.

The real entity of man is his soul, or ego. This inhabits in this world two bodies, the physical and the spiritual. Some diseases are purely physical in their nature, as indigestion or diarrhoea caused by overloading the stomach. Others have their seat primarily in the spiritual organism, and while diseases of purely physical origin are easily reached by physical means, those that originate in the spiritual organism are best reached by the Magnetic or Vital method. But there are also diseases that originate in the soul, caused by improper thoughts and emotions, and these are cured easiest by the Mental or Suggestive method, and the maintenance of proper moral conditions. The physician of the future will try to locate the CAUSE as well as the exact seat of disease, and use that method which will prove most efficient, or combine the several methods.

The three parts of man, viz.: the Soul and the two organisms which it inhabits simultaneously in this life, are interactive and interdependent upon each other. What affects the one will most likely affect the other two, and very often where we cannot reach the seat of disease direct, we may reach it through another part.

The points of closest contact between the physical and spiritual organisms are the brain (with the Cerebro-Spinal Nervous System), and the Solar Plexus (with the Sympathetic Nervous System). The intelligent Healer will therefore give these "bridges" or connections some attention wherever it promises good results. Many ailments are cured by the simple "laying on of hands," just because the brain forms a connecting link between the two organisms. The Magnetic Healer and the Osteopath will follow the Nerve paths, and so reach both organisms at once. But the true Healer will not neglect the Solar Plexus, especial-

ly if there is a disturbance in the vital functions, or where the emotional activities need correction. Vital Force is received and distributed through the Solar Plexus, and Mental or Volitional Force through the brain. The finer forces of the spiritual organism act upon the grosser forces of the physical body, and united they perform the work of the latter.

The Solar Plexus being one of the gateways between the physical and spiritual realms, the patient can consciously call for more Life and Vitality by concentrating his mind upon it, confidently *expecting an influx through that center*. Think of a spot just behind the stomach. If you succeed fairly well in keeping your mind and thoughts upon this spot, you may note a feeling of warmth which will manifest in a few minutes or moments. WILL and EXPECT an influx of Life through this plexus, and when you feel the manifestations of new Life and Power in the sensations mentioned, then *will* that the forces flow from that point to the afflicted part or parts. IMAGINE that you actually feel this Life moving in the desired direction, and *it will do so under the guidance of your imagination*. With repeated efforts you will succeed, for these finer forces are wonderfully obedient to the trained Thought and Will.

When in "imagination" you have arrived at the affected portion of your body, you should keep your mind there, imagining and 'expecting' that now the Life forces are actually at work restoring Harmony and Equilibrium, and the more definite your imagination or expectation is, the more certain will be the results. For example: If you are suffering from a tumor, imagine that the life forces are actually engaged in softening the abnormal tissues, breaking them down or dissolving them, and carrying the waste matter out of your system.

If you are suffering from acute disease, or wherever there is an over-activity manifested, you should *imagine* and desire that the vital forces now change that activity to a normal one. If the trouble is an over-excitation of the heart, you should in imagination feel



the heart becomes more tranquil, and its action normal. "Will" that this should become a fact. If you wish to develop a wasted part, imagine that there is an increased activity of vital force and circulation, and a plentiful deposition of new material for tissue-building. Remember the case of the lady in Philadelphia, who in this way "developed" her bust.

An understanding of the principles explained in this and the preceding lessons will enable you to apply them to almost any case, provided you understand the nature of your case, and where you do not understand this, simply "imagine" normal and healthy conditions. Try to see in your mind's eye harmony already restored. "Pray, *knowing* that you will receive," and "according to thy faith shall it be done unto you." Your Faith, Expectation, or Imagination will bring about the desired results, the same as Fear may produce the condition feared. Job's exclamation, "what I feared has come upon me," is based upon the same law as that of "thy faith has made thee whole." It is the law of asking and receiving, of demand and supply, but the receiving or supply will ever be in the measure, and the nature, of the asking or demand. "As ye sow so shall ye reap," holds good for all of your activities. It is the law of cause and effect, and the effect is always in the nature of the cause. If in the past we have sowed weeds and thistles, let us in the future sow positive, life- and health-giving thoughts that will yield us "the bread of Life," Vitality and Health, of Body (bodies), Mind and Soul.

## SIXTH LESSON.

In this, the last lesson of the course, we will add a few concluding remarks concerning Self-Healing by Mental methods, and then discuss a few external helps,

Ochorwicz says in his admirable book, "Mental Suggestion," "When I find my eyes fatigued from reading . . . I press the palms of my hands upon the lids. Now, when the hands are exhausted (from treating others, or any other cause) I experience no relief,

but if only some scene (in the theatre) or a well-spoken phrase produces in me an *agreeable emotion*, my hands at once regain their therapeutic quality, and then, if I apply them to the eyelids, the fatigue of the eyes disappears."

We believe that many magnetic healers could confirm the statement that when the hands feel exhausted, they do the patient no good, or very little, if they attempt to treat one. But what imparts to the hands that "therapeutic quality," as Ochorowicz calls it? Is it not vitality, magnetic force, or life force? What then is the connection between an agreeable emotion and this sudden and mysterious influx of new life? We all know how some good news, or the inspiration of a new hope, will revive the strength and spirits of people who are weary and depleted. The tired soldier who is barely able to move his limbs after marching for hours, will experience an influx of new strength when he hears the news that the war is over. Even the tired horse will manifest a renewal of strength and vigor, when he sees familiar landmarks which indicate to him that he is near home. Prof. Elmer Gates has demonstrated scientifically that agreeable emotions produce chemical changes in the physical system which are health-promoting. They also act upon the Solar Plexus, and in some way open the flood-gates of the invisible life forces, so that they will pour in upon the body and restore the lost balance. The patient who is looking for health and vitality, must then indulge in pleasurable emotions as often as possible, and give full expression to laughter whenever his or her risibilities are excited. Healthful laughter excites and shakes the Solar Plexus, and an influx of life is the result. Love also is a great therapist, even as its antithesis—Hate—is a great destroyer. Loving and sympathetic people are most always vital, and well nourished. They make excellent healers. They always have a superabundance of energy and good spirits, unless other causes interfere, and they affect others by radiation. Have you never had the blues, when some bright and cheerful neighbor or friend dropped in, and you found

your bad feelings all gone in a few minutes. Does not all this argue something in favor of the desirability—nay necessity—of cultivating feelings of love and other pleasurable emotions. I believe that you see the point, but now comes the question, "How can I get the mastery over my *negative* mental and emotional states?" *Through the exercise of your Consciousness and Will.* Whenever you are tempted to give expression to emotions of Fear, Despondency, Anger, Worry, etc., turn away from them as if they were vipers, and try—try hard—to think of something pleasant, read some good book, or do something else which turns your mind away from such thoughts and feelings. In other words, *concentrate your attention upon something more pleasant.* In a wise Concentration of your Attention you have the means whereby you may inhibit or suppress undesirable states of consciousness and feeling, and you will find it worth while cultivating. Exercise then a *watchful* Consciousness, so that "the enemy" may not come and sow bad thoughts and feelings unawares.

Your subconscious nature is a mighty force to which you can appeal through appropriate Auto-Suggestions. It gives and controls physical life. Fear, anger, worry, etc. paralyze its beneficent activities. It is ever subject in large measure, to the influence of the conscious mind. It is true, as has already been pointed out, that most of its activities are reflex or automatic, but it is ever open to the influence of your thoughts and emotions. If its control over the body and its functions has become weak or disorganized, its power may be restored by strong conscious, positive suggestions or affirmations. If you should be unable to apply the method of treatment given in the preceding lesson, you can at least make appropriate affirmations at different times during the day, and especially at night. Speak to your subconscious nature as if it were a second person within yourself. Say: "I want you to send more vitality to the parts that need it;" "I command you to restore health and harmony in my arm, my shoulders, my stom-

ach," or wherever your trouble is located. If you then can *imagine*, as stated in the previous lesson, that you really and actually feel the life forces at work restoring harmony, you are exercising a still greater influence over your subconscious forces.

Especially, before you drop off to sleep, you should command your Healing Power to wake up and cure you while you are making your affirmations, and also during the night while you sleep. It is a well known fact that you can command the subconscious Intelligence to wake you up at a certain time during the night, or early in the morning, and if your affirmations are positive, and you *trust* this Intelligence, it *will* wake you? In like manner you may influence it for the purpose of curing your ills.

Dr. Pitzer says in a recent article: "One of the most effective methods of applying auto-suggestion is done in the following manner: "No matter what the ailment may be, let the patient write out his real wants (or commands); let them be expressed in as few and plain words as possible. Then let him fold the paper upon which his wants are written, place it in an envelope, write on the outside of the envelope these words: "Grant me the within expressed conditions"—and let him place the envelope and its contents under his pillow every night when he retires. . . . The patient's wants are actually before the subjective mind all night, and every night, and a continuance of such efforts accomplishes wonders."

The Divine Healer does not address himself to his subjective nature, which in the estimation of most metaphysicians is only the animal soul or that portion of the soul which has control over the purely physical functions. Some address the highest principle of man—the Ego—that individualized part of the Universal Spirit, which is the Self of the individual. Others address themselves to the Universal Spirit or Over-Soul, but they think of it as being present within themselves, and if they cultivate a feeling of devotion and love, their demands will be all the more effectual. But one and all, no matter what their conceptions of their inmost nature are, will experience

results proportionate to their faith and expectation, and so it seems that after all *it is not so much the thing addressed, as the demand itself, and the manner in which it is made, that determines the results.* The effort made causes internal reactions which manifest "according to thy faith." The Desire has in itself the elements of realization, if it expresses itself in accordance with the laws and principles I have tried to explain to you in these lessons.

*Thought, will and emotion* are forces that arrange the atoms of the body as precise and exact as the cold crystalizes the moisture in the atmosphere. The vibrations of thought and emotion have their rates, or modes of motion, and each produces fruits (results) after its kind. Cultivate henceforth hopeful, healthful, positive, cheerful thoughts, and they will force the atoms of your body into a mathematical, orderly and beautiful arrangement. Exercise your God-given powers of Thought, Imagination, Will, and Feeling as pointed out, and you will—nay you *must*—gain control over external conditions to a wonderful degree.

Some people trust in medicines. Others trust in the relics of some saint, or images of the Blessed Virgin. Still others trust in men or spirits, but the best trust, the best faith, is the faith and the trust in Your Self, whatever that may mean to you. Yes, Prayer is answered if you pray aright. Learn to pray to the Highest and Holiest within you, and what you ask for will be given you, if within the bounds of possibility. Choose that manner or method which appeals most strongly to you. Once you understand the principles involved, the application can be left to yourself.

In this and the other lessons you have found hints of "the Law of Sympathetic Vibration." Let me explain. All Forces are "modes of motion," manifesting in certain rates, which affect matter or substance. Each rate produces under like conditions the same results. A Force manifesting in one body will affect another body capable of the same manifestations sympathetically, if the latter is within the sphere of its influence and receptive. If a magnet is passed over a piece of

steel or iron a few times, it will impart to the same its magnetic qualities, or arouse the latent magnetism of the iron. If you play a loud tone on a violin when you stand near a piano, you will set in motion that string in the latter instrument which is keyed to the same pitch, and it will sound. If you hate a person, you will sooner or later arouse feelings of hate in him or her. Love appeals to the love nature in others, and causes a reaction under favorable conditions. When I treat a person magnetically or mentally, my vibrations tend to produce like rates and conditions in the patient. He or she will feel better and stronger, and in time will be cured if such is at all possible. Knowing this law of sympathetic vibration, you ought to avoid as much as possible meeting with people of a gloomy, pessimistic or sour nature, as well as all contact with sick people as much as possible if you are sick yourself. Refrain from either discussing your troubles or telling of the methods you employ now in trying to cure yourself, as the doubts and fears of others tend to cause like thoughts and feelings in you.

Seek the contact with healthy and cheerful people. If you have someone near you who is sympathetic, congenial, vital and healthy, let him or her treat you magnetically. The members of your own family will not be able to do you as much good (unless you live away from them), as someone who does not live constantly in your own atmosphere. For a clear understanding of the method of magnetic Healing I must refer you to another course of lessons published by me.

Never allow yourself to be kissed, touched, or treated by persons of a low character, or such who are unsympathetic to you in any way, as such can do you more harm than good. Remember the law of sympathetic vibration!

Give some thought and reflection to eating and drinking, so that you will not overtax or abuse your digestive system. Try to breathe plenty of fresh air, and use water plentifully internally and externally. Get as much sunlight as you can, for there is health and vitality in it. Light, air and water are nature's

own remedies. Water is an excellent solvent. Your system needs plenty of it so that your blood may be able to dissolve, dislocate, and eliminate from your system all waste materials, and circulate new and vital matter. Air and sunlight furnish you with the elements of vitality or energy. Above all, use your consciousness, will and emotions in harmony with the Constructive Principle of Human Life.

The literature on Healing published by the author of these lessons comprises the following:

1. A course of lessons originally published in Vol. I. of *The New Man*, and later republished in Vol. I. of *The Mastery of Fate*. This is his earliest attempt of a statement of the theory and practice of Mental Healing.

2. A Practical Course of lessons entitled "Health and Harmony."

3. A course in Magnetic Healing, which at one time sold in manuscript form for \$25. Republished in book form at a popular price.

4. The present course, which was written for the purpose of circulation among Dr. Braun's patients. It is his latest, and most likely *his last attempt* to publish anything on *this* subject.

While each publication is complete by itself, and while they necessarily reiterate *some* truths, yet each one differs from the others. We cannot help considering them all as *complementary* parts of a great science—the science of Healing Man Physically, Mentally and Morally. For this reason we would urge everyone who reads this course to get the others, especially since they are placed within reach of the poorest.

5. Lastly, there is also a course in Healing, published in the German language for the benefit of our German brothers and sisters.

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### IMPORTANT ANNOUNCEMENT.

Those who have read some of Dr. Braun's works with interest, pleasure and profit, will be glad to hear that he is now writing the most important one of them all. May be it will be his last! Not that he intends to

suicide, but he intends to rest from his literary labors for some years at least, so far as his writings in the *English* language are concerned. He feels that he has a work to do among his German brethren both in this country and the rest of the world, and he will give most of his time and attention to that work for awhile. It is not his intention to drop Self-Culture, but after this coming work has been brought to a close in it, he will give other writers a chance to come before our readers.

I shall write on no less a subject than  
MAGIC.

The forthcoming work will discuss all branches pertaining to it, from the rude Magic of the Savages to that of the Masters of Occult Science. Note some of the subjects I have marked out for discussion:

Primitive Magic, The Magic of The Egyptians, Babylonians, Assyrians, Persians, Chinese, Buddhists, Brahmins, Greeks and Romans. Mediæ-val Magic. The Magic of the Kabbalah. The Magic of the Catholic Church. Yoga. Mysticism. Mesmerism. Hypnotism. Mediumship. Psychometry. Clairvoyance. Clairaudience. Telepathy. Astrology. Black and White Magic. The Constitution of Man. His Real Powers and Capacities. Their Rational, Normal and Safe Development. In Touch with the Invisible Realms, etc., etc.

I shall not merely entertain you with the various theories of Magic, but I intend to be intensely *Practical*.

This forthcoming work is to be a  
*Course of Lessons.*

all along the lines of the development of Man's wonderful powers. While I may have to touch *en passant* on some subjects discussed in previous writings, I shall not weary you with a rehash of the same, but confine my attention mainly to the treatment of subjects not yet discussed by me in public print.

The forthcoming work is to be an epitome of all I know about Occult Science, with very few reservations. It will be my aim to separate the wheat from the chaff, and to lead the reader to a recognition of the



true principles underlaying all real human progress and development. There is *only one way* that leads to Mastery, but there are many that lead into the quagmires of foolishness, nothingness, misery, failure, pain, slavery and weakness; as well as to physical, intellectual, volitional and moral bankruptcy. The latter we want to avoid, and it will be my duty to warn you against them. Ignorance is no protection, and it is a mistake to believe that we need to show people only the Good. Let them see the dark sides of Magic and be forewarned. If you send one of your boys to a strange city, you will not only advise him what to do there, but also what *not* to do. You will not leave him to find out by actual experience what the saloons, the low dives, brothels, the red-light theatres, the gambling houses and the houses of prostitution will make out of their patrons, if you can help it. It is true that the boy may not follow your advice, but *you*, at least, have done your duty and so shall I do what I believe to be *my* duty to my fellow men, in warning them against various forms of false or Black Magic. Christ has truly said that the road that leads to Salvation, Redemption, Liberty, Mastery and Happiness here and hereafter is a narrow one and hard to find. Alas, there are comparatively few even among his followers who have found it and so in Magic it is unavoidable, perhaps, that people who are left to themselves, should first stumble upon one of the many broad ways that lead into misery of some kind. Many will in the course of time find out their mistake and try to find their way back to the right road. But what of those who fall by the wayside, *too weak to return?*

I feel that I have a message of tremendous import to the many who are seeking for a higher light, and I shall not rest until it is published in at least two languages. Thus I shall also assist the Masters (who have "brought me to light") in their work of delivering unto mankind a new "Science of Man," and a new revelation, because now that the people at large have reached a higher intellectual level they (or at least some of them) will *understand*. I shall give this, *my most important work*, to the people through the

pages of Self-Culture, and later on it will also appear in bookform. Just how many numbers it will fill before it comes to a close, I know not, but there will not be a dull page in the entire work. When published in bookform this work will cost \$1.50 or \$2.00.

If you who are not subscribers to Self-Culture, will subscribe now, you will not only get this work much cheaper, but you will get it *earlier*. It will not only be *the best and most complet work* of its kind, but it will be *the most valuable from a practical point of view*.

Our old subscribers will do their friends a most valuable service by drawing their attention to the forthcoming work. But I *urge* no one to subscribe, knowing full well, that unless people after due notice subscribe in consequence of *their own promptings*, they are *not yet* ready to receive the Higher Light, and it will do them no good. So, Beloved, *follow the still small voice within yourself*. . .

One single number cannot give you any adequate idea of the merit and value of the whole, and it would be useless to send you one for examination. As we wish to supply later subscribers with all the back numbers containing these *Lessons in Magic*, and as we have only a limited number printed, we cannot break up whole sets by sending out "sample copies." Therefore do not ask for any, but if you are not satisfied when you receive the last number, please return them all to us and if your copies are in good condition, we shall

#### *Refund Your Money.*

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Subscriptions price \$1.00 per year. We will begin all new subscriptions with the issue containing the opening lessons in *Magic*.

In brotherly love yours always,

P. BRAUN.

## A Safe and Profitable Investment.

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**P**ROBABLY everybody who reads has heard of the great gold-bearing Custer Mt. of Idaho, which produced \$12,000,000 from its surface ores. I have seen all the wonders of this Mt. and of Thunder Mt., and have climbed over the ledges of gold-bearing quartz; and found in them the evidence of unlimited deposits of gold. Out of these great properties I picked the Oxarna group, consisting of four claims. They were purchased and amalgamated with the other properties of the company, which now has 3 groups of claims, one being patented. I have been appointed fiscal agent of the company, and elected secretary with authority to dispose of a small block of stock at 10 cents a share. One of the properties contiguous to our ground on the north has produced \$3,000,000. And the property on the east will soon be paying dividends of \$20,000 a month. On one of its mines the Oxarna Company has 5 veins. One of these outcrops for 2000 feet on the surface, and for this entire length has an average value of \$31.00 per ton. This vein will be tapped at a depth of 200 feet from the surface by only 40 feet more of work, the tunnel now being nearly completed. We will have ready from this source alone, \$940,000 worth of high grade ores. Elsewhere in the mine on vein No. 1. we have \$191,000 worth of ore in sight. *Do not lose sight of the fact, that the stock will increase to par this fall.* The present selling price is \$.10, but the next allotment in June will be \$.25, at which time we will begin the erection of our mill. Your particular attention is called to the fact that the company was organized in January 1904, to work developed properties and prospects. The company has 1800 feet of work done now, on its properties in Custer and Thunder Mt., the latter district being the most prominent in America. I strongly advise the immediate purchase of this stock for large and quickly earned profits and trust to receive an order from you at once before the next advance in price. The stock is fully paid and non-assessable and all that the company would give me to sell

(over)

is 20,000 shares, after which the price will be raised. I would be glad to give you any other information wanted concerning the property on request.

Send for the company's prospectus with your order. We will guarantee all stock purchases if desired. In sending your order if you request it, we will, when sending certificate, send a time draft on the company's treasury re-deemable in 90 days from time of purchase of stock, for the total amount of your purchase. This we can easily do as the stock will have increased in value ninety days from date to twice its present selling price, and in the event that it should not so increase, these drafts will be paid from private funds. This is an absolute guarantee which we could not make unless the property were very valuable.

Remember, shares now are only 10 cents. At this figure even a poor man can become a shareholder in our company. Send money at once to Reginald Coryell,

Sec'y & Treas.

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OF OKLAHOMA.

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OFFICES AT: Custer, Idaho; Delphos, Ohio; Guthrie, Oklahoma; Tallahassee, Florida; San Francisco, Cal.

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NOTICE: I have bought a lot of shares myself of the Oxarna Gold Mining Company. I believe this to be a good, safe and profitable investment for any one who has money to invest.

Editor, Self-Culture.

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Send me two bits for a six months taste of SOUNDVIEW, that Bright Pacific Coast Breezelet; and if you don't love me send me a quarter and I'll teach you to love me. I am not a "healer," neither am I very well "heeled," but I'll bet you'll like the stuff (and nonsense) I send out. I need a new Brussels carpet (a man can write better on a Brussels) so send along that 25 cents and we'll "do the rest." The Em-Bossed Evergreen sends love vibrations semi-frequently.

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